



2015
Punt Return



“EFFORT & ATTITUDE”

- The success of this unit will be determined by our **Effort** and **Commitment** to be great. Win your individual battle! We must approach this phase of the game with a relentless **Attitude**.
- We must be **aggressive** and **violent** with the way we play - We will force teams to be hesitant and react to what we do! Not the other way around
- We will **NOT** be robots. We must constantly create confusion for the opposing punt teams by moving around and mixing things up.
- We will have a situational approach by always understanding where we are on the field and what the down and distance is.
- This unit **WILL** have a direct impact on the outcome of the game.



2015 Punt Return Unit Goals

- Ball Security is the top priority
- Our primary goals on a return are to secure the football and get **10+** yards
- Play Penalty Free!!

THIS UNIT MUST FORCE A MOMENTUM CHANGE BY ACHIEVING ONE OF THE FOLLOWING:

- A long return that gives us good field position
- A return for a touchdown
- Forced bad snap
- Forced bad punt
- A blocked punt
- A blocked punt for touchdown



2015 Punt Return Key Concepts

- **“EASY”** - We must be alert of the punt team attempting to pull us off sides, especially with less than five yards to go. Always key the ball and ignore offensive signals!
- **Poison Call**- The returner must yell out “Poison” and point at the football if he can’t get to a short kick or if a partially blocked kick passes the LOS
- **Rugby Call**- Communicate when you see the punter roll out for a rugby kick. Stay locked on your man if you are responsible for an eligible receiver
- When blocking your man near the sideline, it is a **penalty** to **block** him while he is **out of bounds**. You must allow him to re-establish himself inbounds.
- **Rushers** are **not allowed** to **jump** over or **hurdle** the **shield** in an attempt to block the punt



2015 Punt Return Key Concepts

- **10 YARD RULE-** Return specialist, we **never** want to **field a punt inside the 10 yard line**. In a sky punt situation, the Returner will keep his **heels at the 10 yard line** and not back up! We must judge the ball's trajectory when fielding the ball.
- **Block Punt-** Our block point will typically be at 9 yards from the LOS. We want our **hands together** with **arms extended waist high** when blocking a punt. We must take the ball off the punter's foot, "**take a picture**". Eyes and hands on the ball. Blocked **behind the LOS = Scoop + Score!**
- Any Rusher, must **attack** the **punter** versus a poor snap or bobbled **snap** with the **ball on the ground**. **PLAY SMART BUT BE AGGRESSIVE** when the opportunity presents itself.



- Stances will vary according to the **split** of the punt unit and your **individual assignment**. We must give the impression that we are rushing on every play. Keep your opponent guessing.
- When assigned a man you must eliminate him from the play. Have the mindset that your man **will not** make the play. **WIN** your individual battle. If individually we take that approach then **collectively** we will be **successful**
- Work his outside or inside number according to the type of return called. **Keep him** on the **LOS** and **in front** of you **AS LONG AS YOU CAN**. Remember to constantly be working your feet to stay in front of him.
- After he escapes, run with him. **DO NOT** get too far **ahead** or **behind**. **Bother** him the whole way **down the field**. Keep your man on a **straight line**. Do not let him squeeze on a middle return and do not let him expand on a sideline return. Always keep proper leverage according to the return



2015 Punt Return Hold Up to Hip Technique

1. Pre-Snap

- Align To your work with Proper leverage

2. Post – Snap at the Line of Scrimmage

- Mirror opponents release. Move your feet to stay balanced and in front
- Shoot your hands and engage your block. Squeeze to maintain no separation.

3. Finish

- After he escapes the LOS stay close to his hip with no more than an arms length distance
- Harass him down the field and keep in a straight line. Do not let man squeeze to the ball
- Finish in a Ball-Me-Man relationship



In Phase

1. Combat

- In Phase
- Fight For Position

2. Mid-Point

- Intersect your man's path to the ball
- Work for ball-me-man relationship
- Plead Innocence

Out of Phase

1. Find Work

- Out of phase and can't make the block
- Go block trailers running down the field late



2015
Punt Return
Drills



2015 Punt Return Drill

Hold Up to Hip Set Up

Coverage

- **Align in the middle of cones**
- **On first whistle move laterally in-between cones**
- **On the 2nd whistle, release at $\frac{3}{4}$ speed**
- **Cover 15 yards down the field**

Return player

- **Align Head Up**
- **Start in a 2 point stance**
- **On the 1st whistle balance up and mirror**
- **On the 2nd whistle, get to hip position as your block releases down field**

Coaching Points

- **Align to your work**
- **Mirror his release, step & replace on movement**
- **Keep shoulders and hips square to LOS**
- **After he escapes, stay close to his hip**
- **Harass down the field, staying within arms length of him**
- **Keep your man in a straight line**
- **Finish in a Ball-Me-Man relationship**



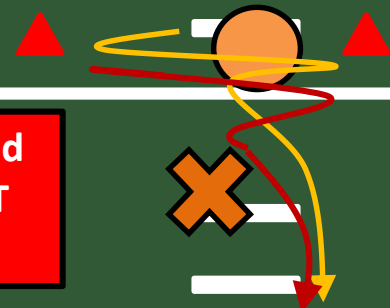
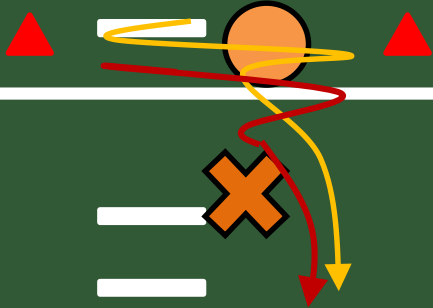
2015 Punt Return Drill

Hold Up to Hip Diagram

LEE

GREGORY

REED



**WORK LATERAL and
MIRROR ON FIRST
WHISTLE**

**$\frac{3}{4}$ SPEED
RELEASE ON 2nd
WHISTLE**



2015 Punt Return Drill

Transition and Sink

Coverage

- Aligns on the designated yard line
- On whistle start down the line
- Break down by sinking hips and pumping arms 3x before hash

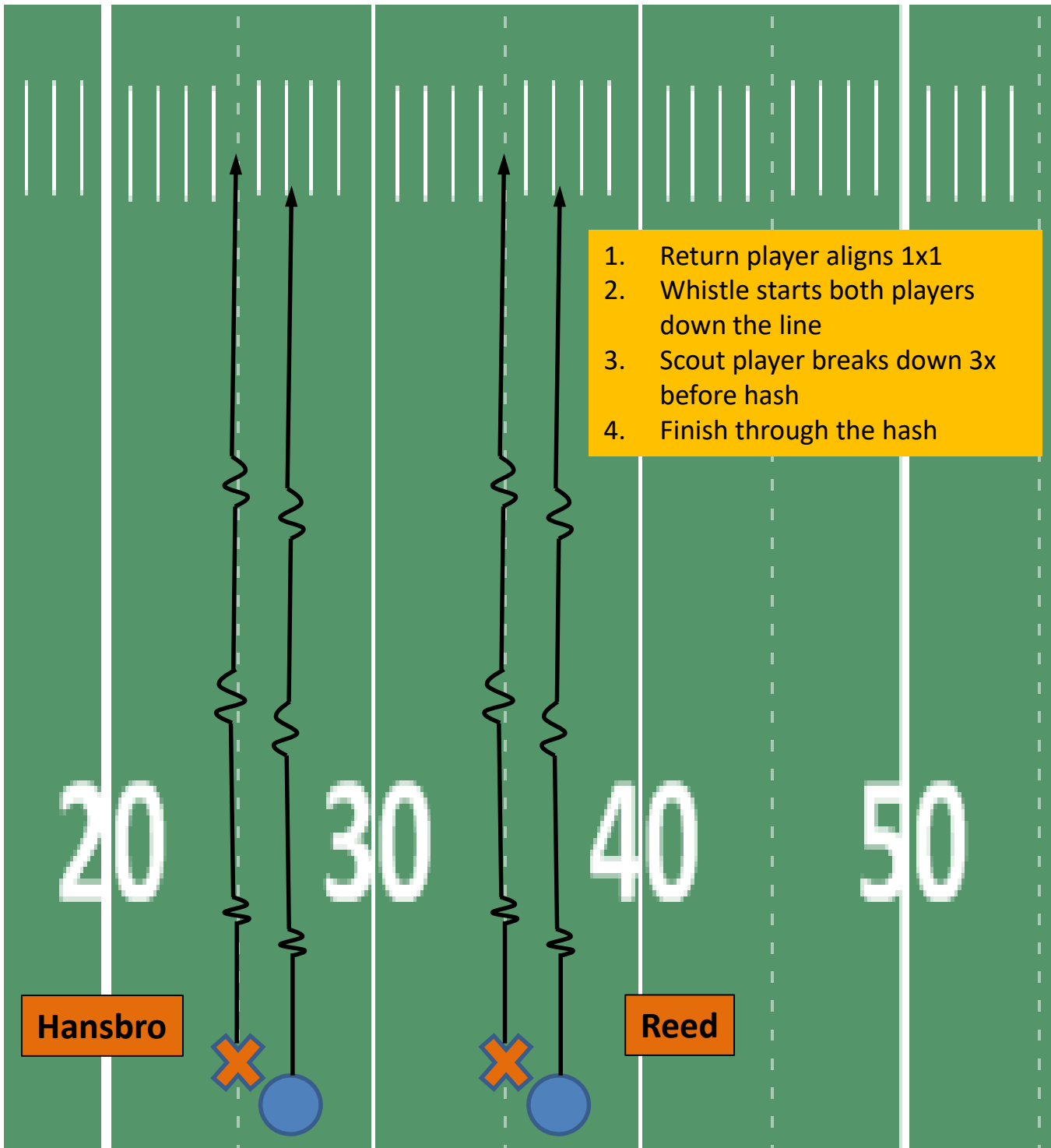
Return player

- Aligns 1x1 off cover guy
- Stay in a arms length distance with inside leverage off of the hip
- Mirror the cover guys hips by breaking down when he does



2015 Punt Return Drill

Transition and Sink





2015 Punt Return Drill Mid-Point & Finish Set Up

Coverage

- Aligns on the 2 yard line... 2 yards inside or outside the return players (Depends on the direction of the drill)
- Covers to the Returner on 1st Whistle
- Breaks down and Retraces on 2nd Whistle

Return player

- Aligns on the goal line
- Start in a 2 point stance
- On the 1st whistle, Mid-Point your man's line to the ball
- On the 2nd whistle, come to balance and retrace your steps – Near hand shoot for rib cage
- Let him come to you as you work to get Ball-Me-Man relationship

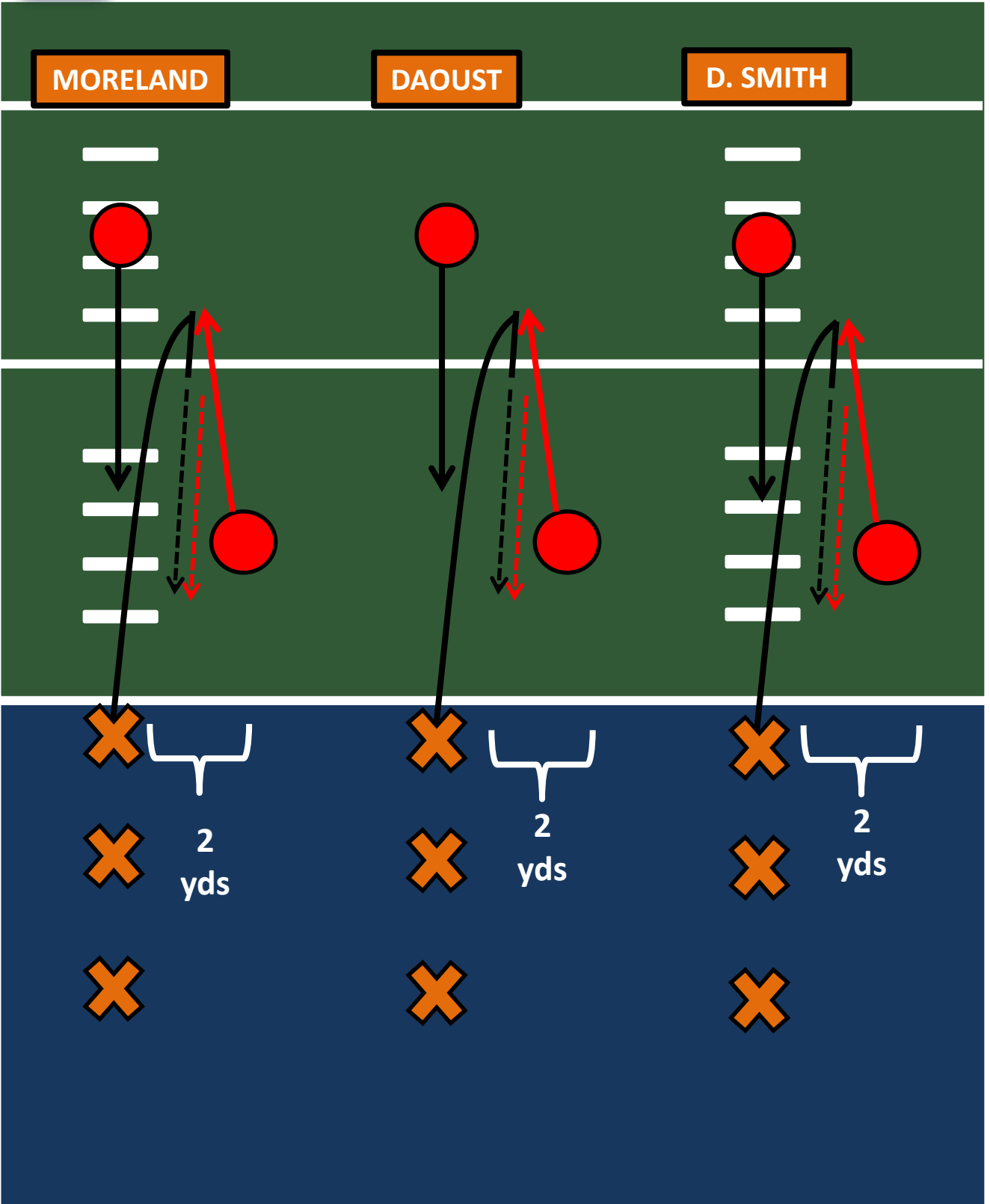
Returner

- Jog down the hash as the coverage player starts to come to balance



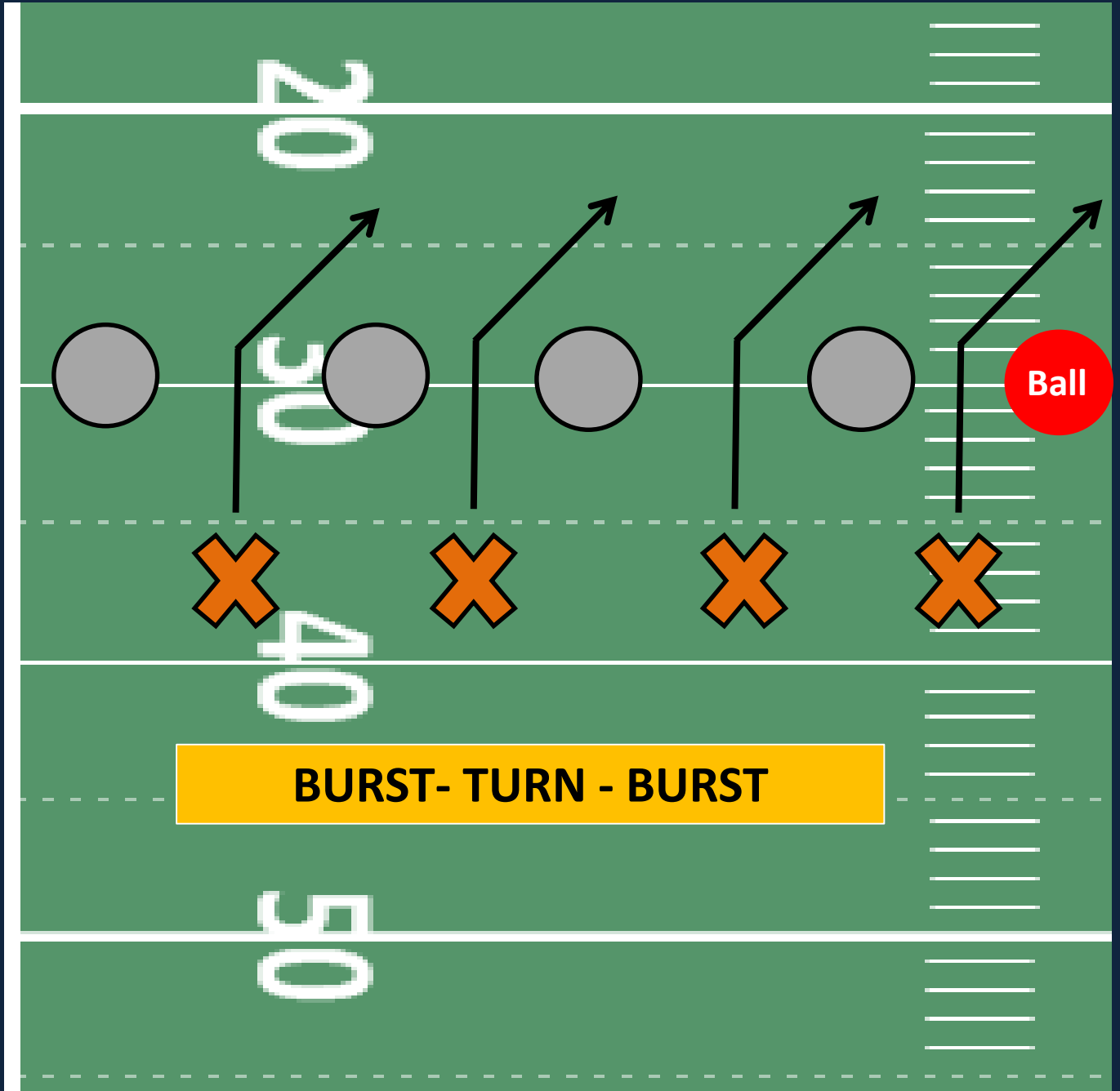
2015 Punt Return Drill

Mid-Point & Finish Diagram



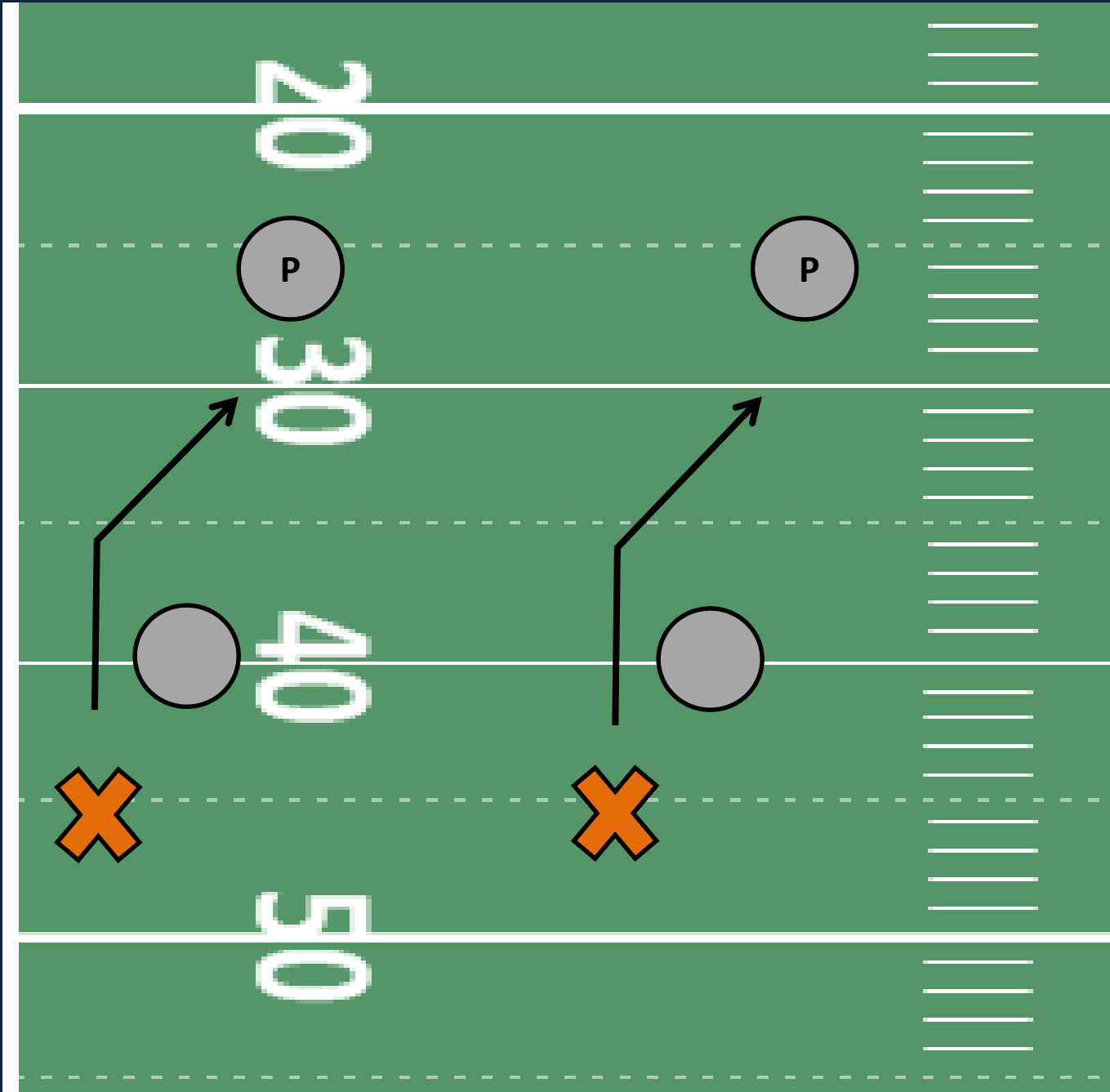


2015 Punt Return Get Off Drill





2015 Punt Return Punt Block Drill





2015
SCHEME

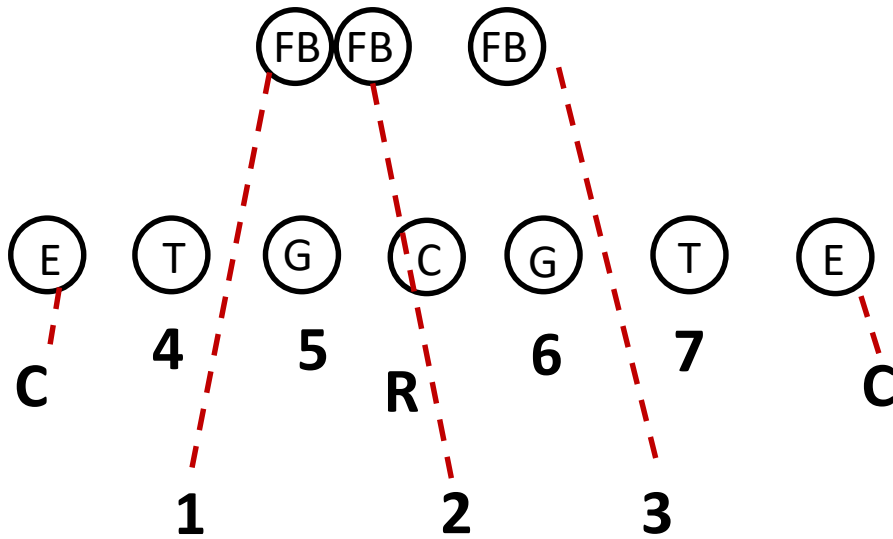
Positions and Alignments

- **Corner** – Match eligible man on LOS. Leverage based on assignment
- **Rover** – Alignment/Leverage based on call
- **1,2,3** – Move/stack players. You will have the freedom to move around pre-snap in order to create confusion. However, never sacrifice assignment for disguise. Any motions from shield players, you are the adjusters.
- **4** – align on tackle to the left . Leverage based on assignment
- **5** – align on guard to the left . Leverage based on assignment
- **6** – align on guard to the right . Leverage based on assignment
- **7** – align on tackle to the right . Leverage based on assignment

- All players on the line of scrimmage are in a two point stance feet staggered. Must show the possibility of rushing every time

Stack Alignment

P

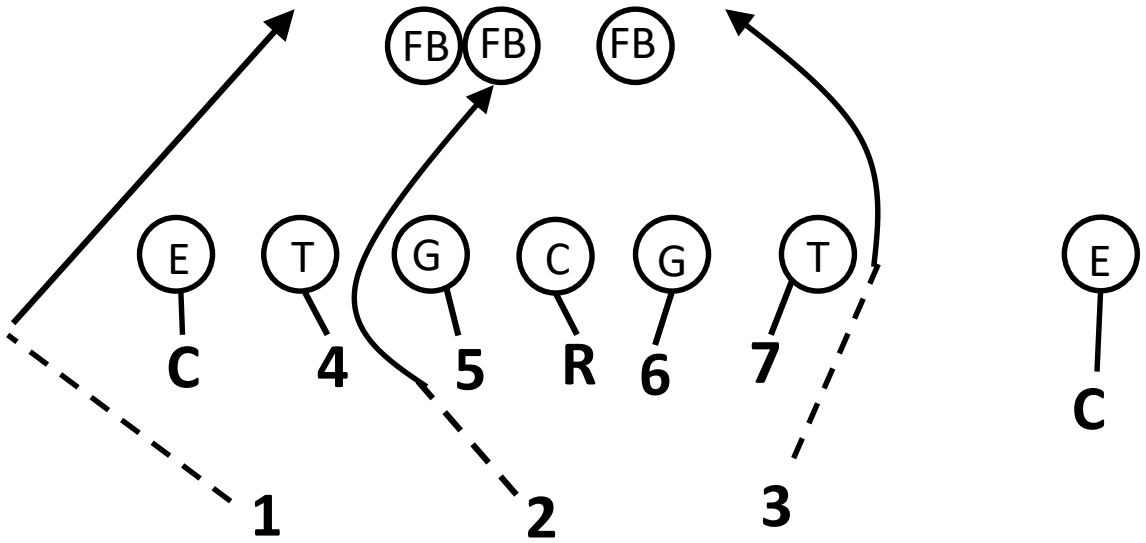


PR

Hold Up

P

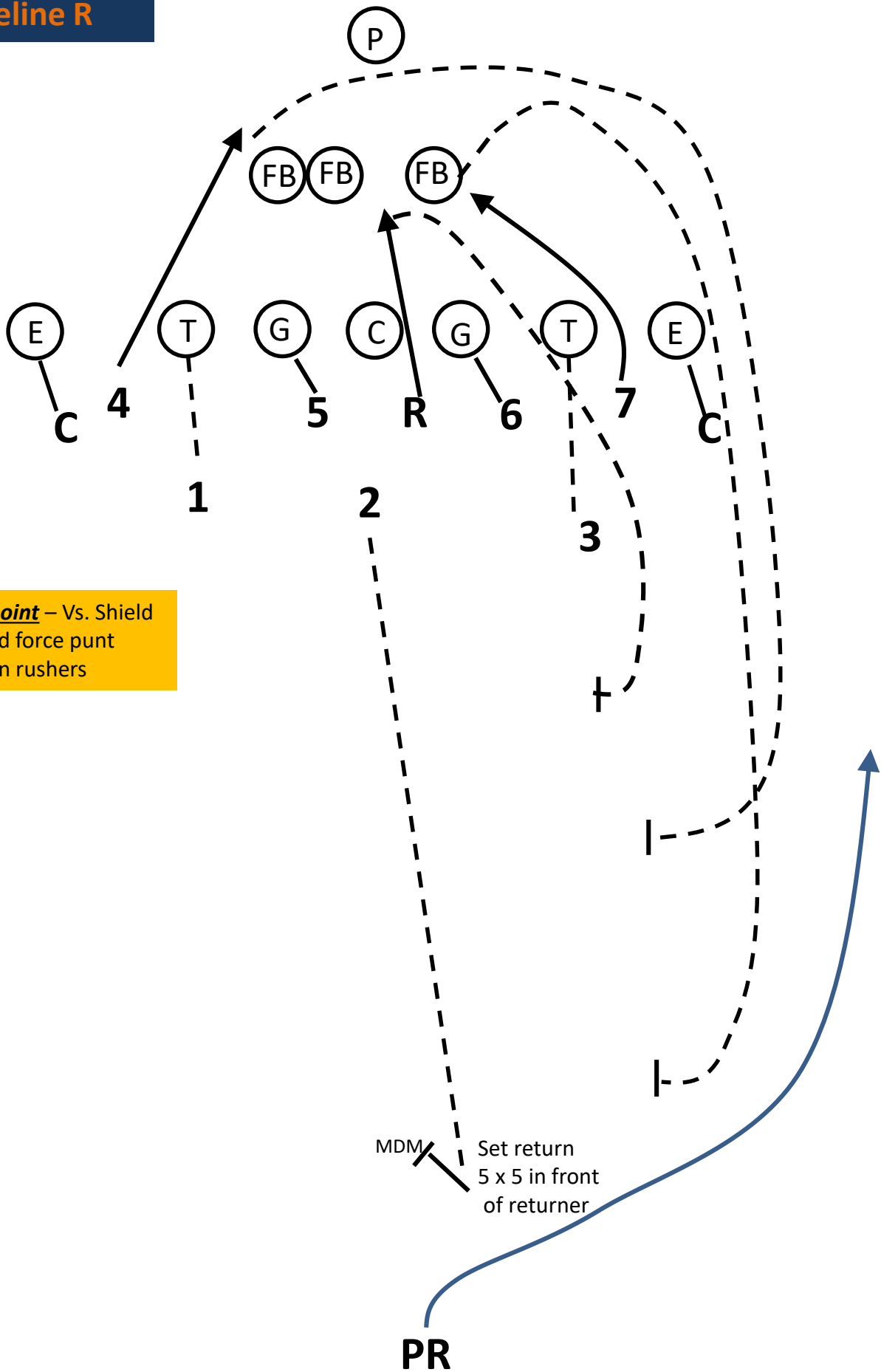
Coaching point – Vs. Shield
1,2,3 Rush your man and hold up
1,3 –contain rushers



NOTE:
This is a middle return

PR

Sideline R

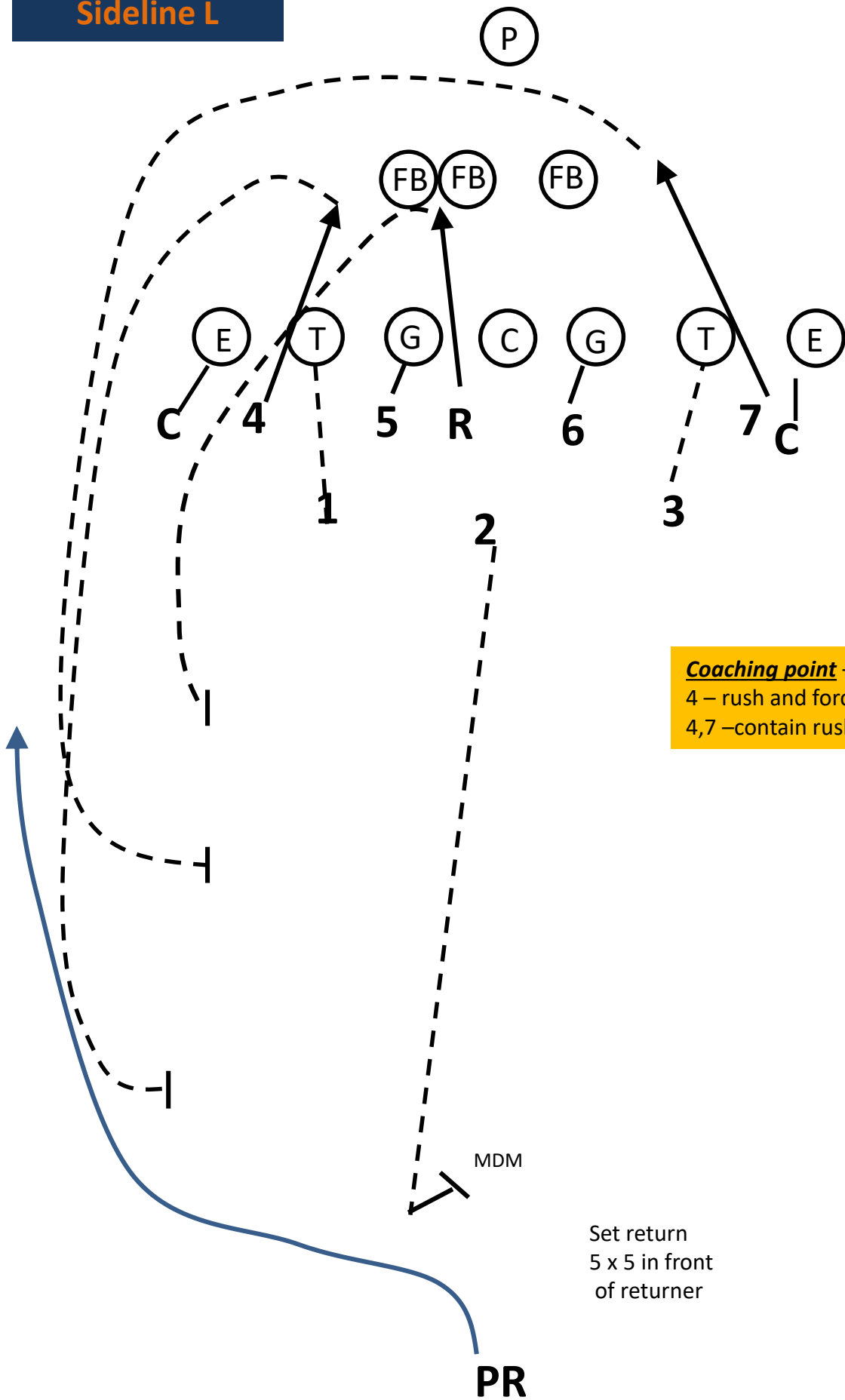


Coaching point – Vs. Shield
4 – rush and force punt
4,7 – contain rushers

MDM Set return
5 x 5 in front
of returner

PR

Sideline L

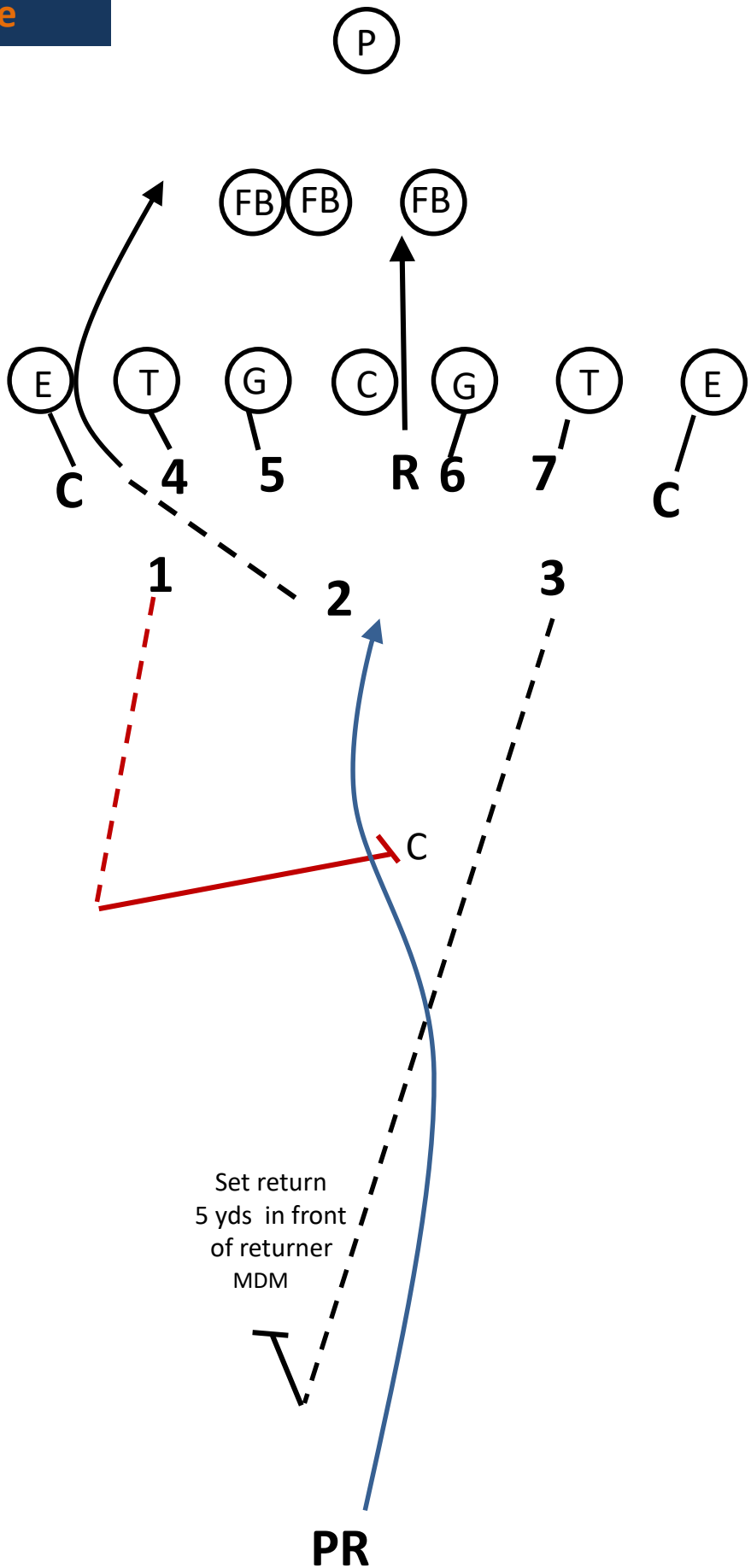


Coaching point – Vs. Shield
4 – rush and force punt
4,7 –contain rushers

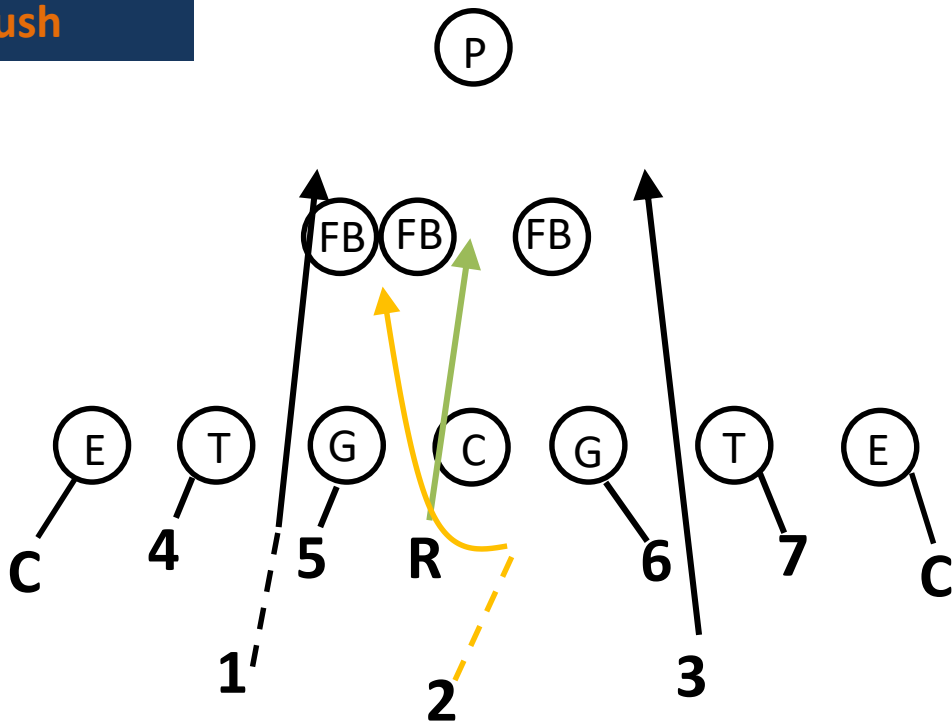
Set return
5 x 5 in front
of returner

PR

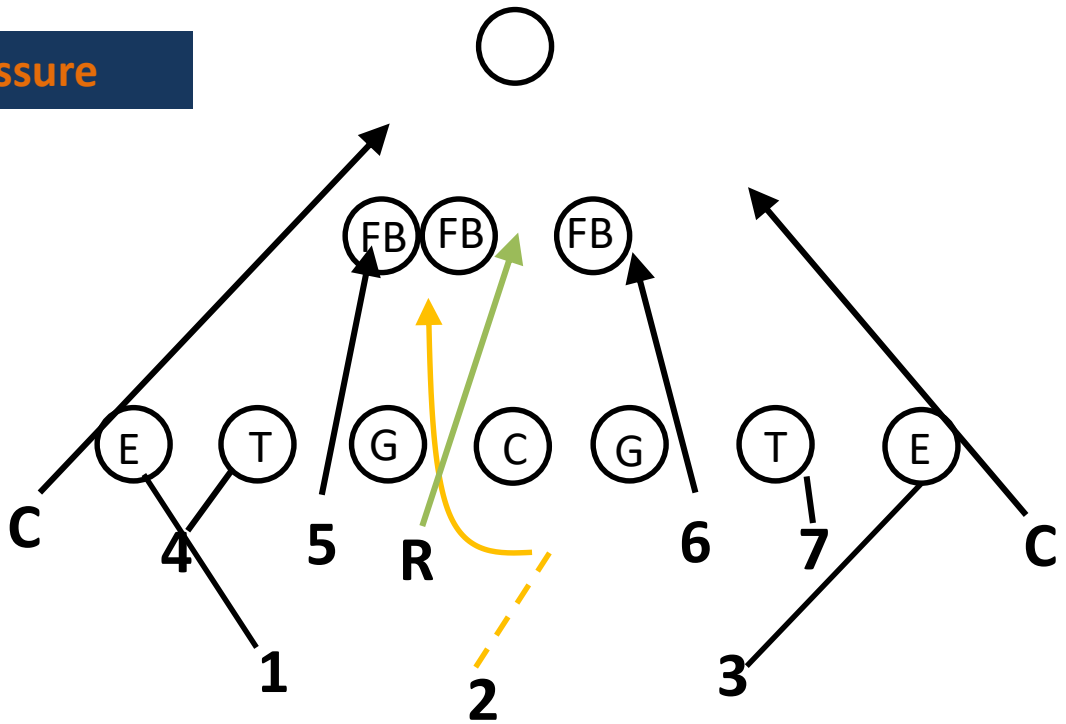
Middle



Rush



Pressure



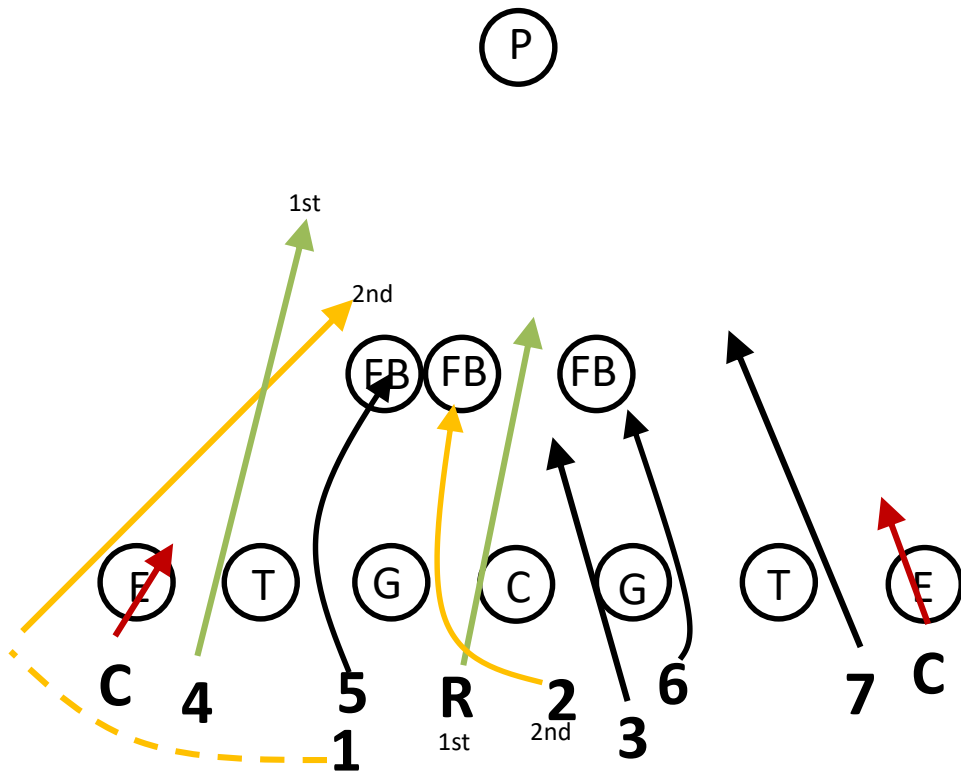
Blitz

This is our
Got To Have It Blitz

Coaching Point:

C- Rush right thru the E,
do not let him block anyone

1 & 3 - start stacked



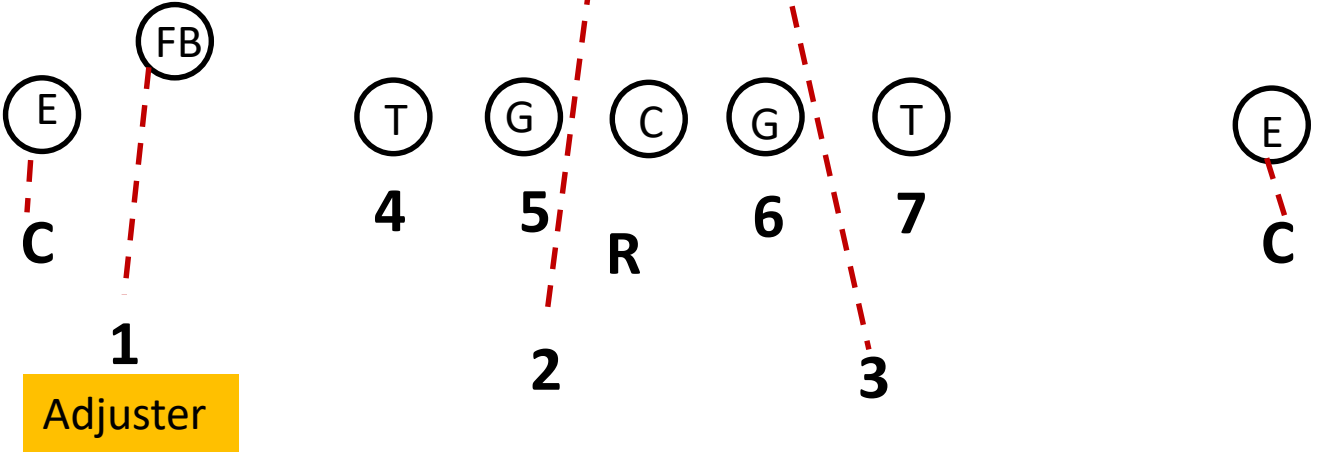
1 - Move Pre-snap
Cant be Late



**2 Man Shield
&
Pro Punt
Schemes**

2 Man Shield

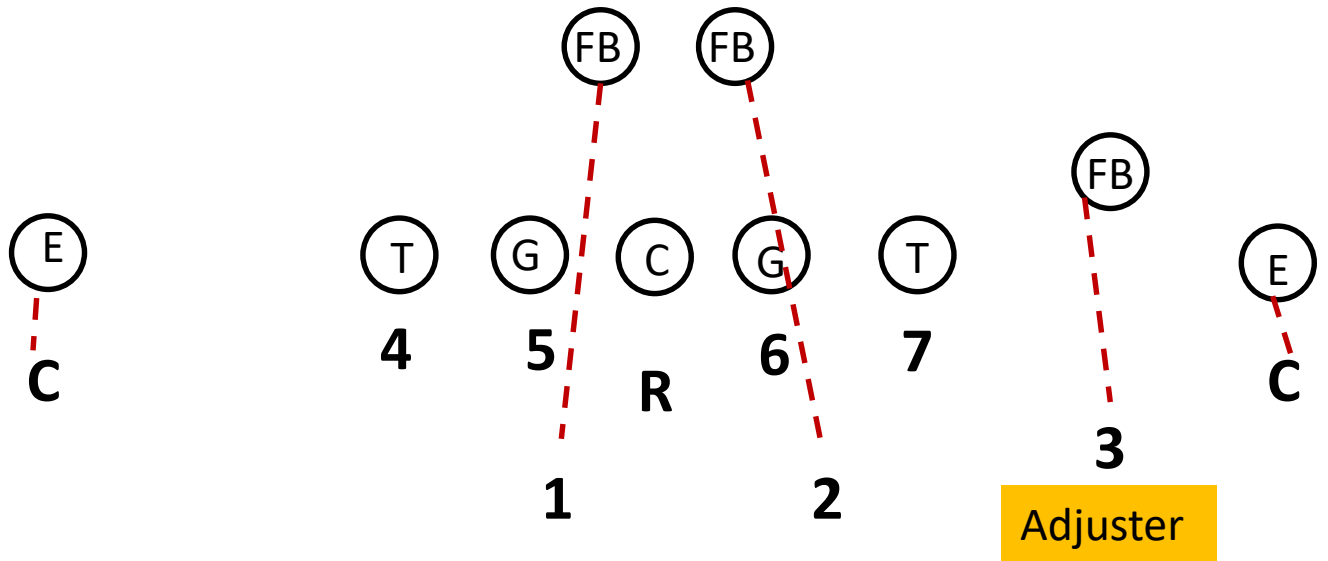
P



PR

2 Man Shield

P

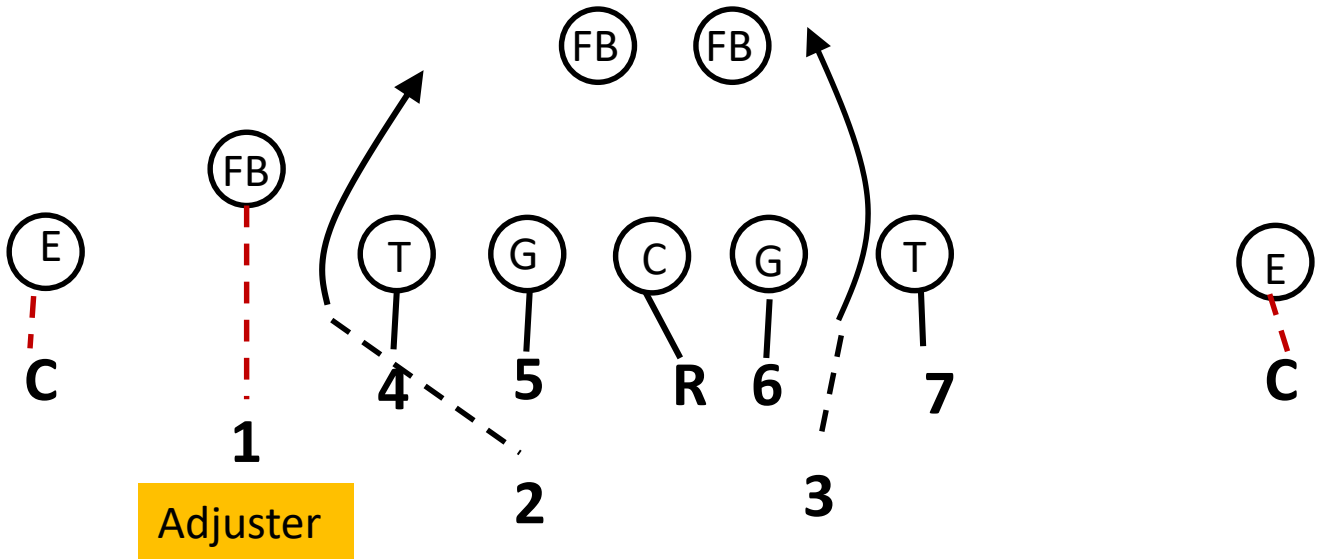


PR

Hold Up

Coaching point
2- replace 1,3 as contain rusher

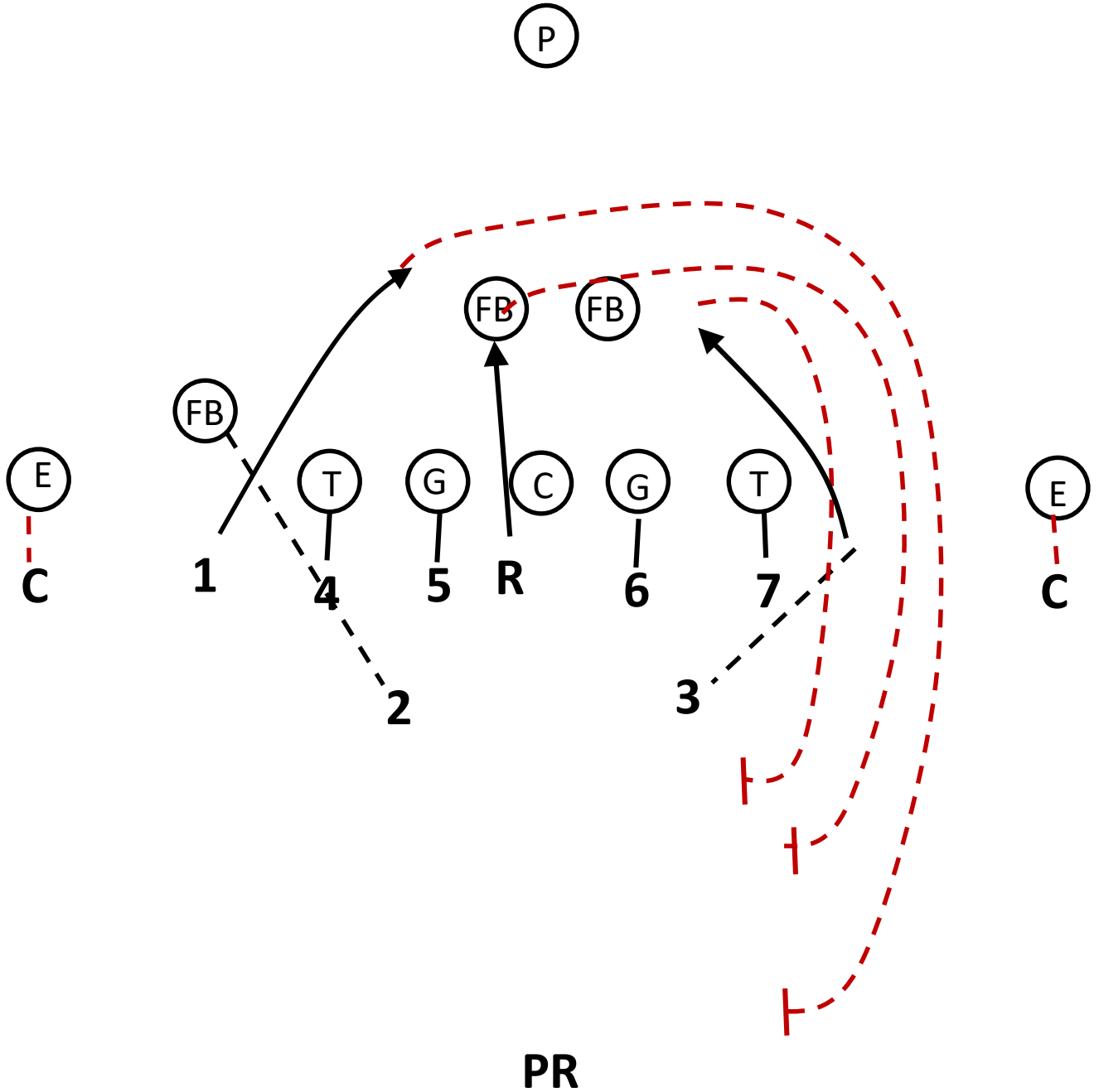
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PR

Sweep

Always run to the field

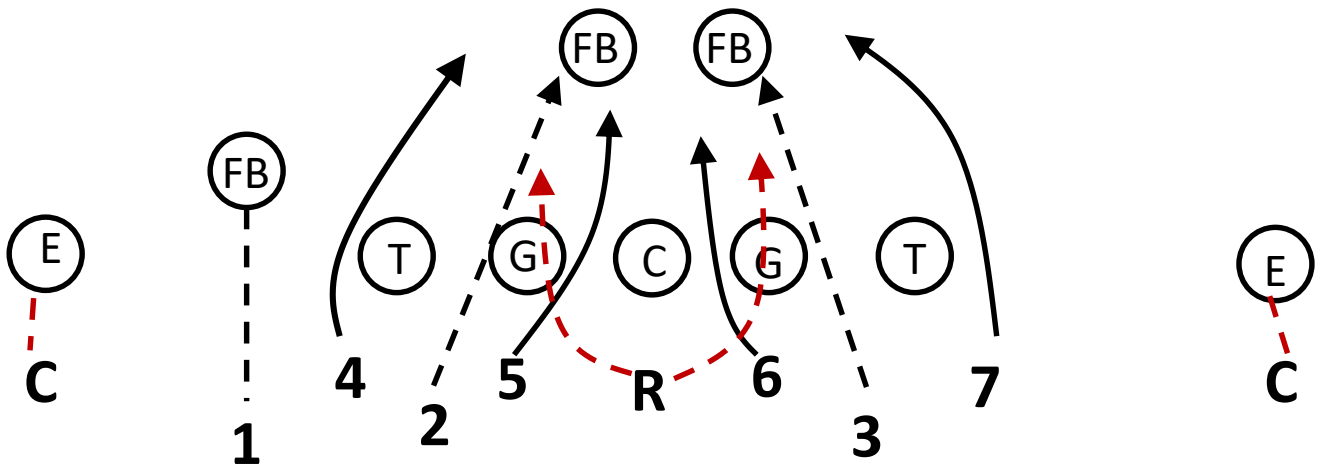


Field Right

Beast

Coaching Point:
1,2,3 if man in shield then
Rush to coverage
R- can loop to either side
4,7 – Contain Rush

P



Adjuster

PR



Safe Punt Schemes

Bonzai

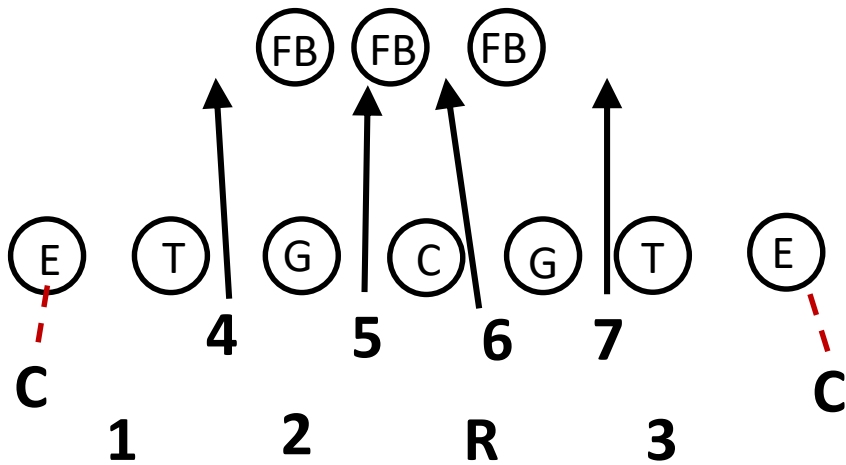
Coaching Points:

5,6 – Rush A gap

4,7 – Rush B gap to contain

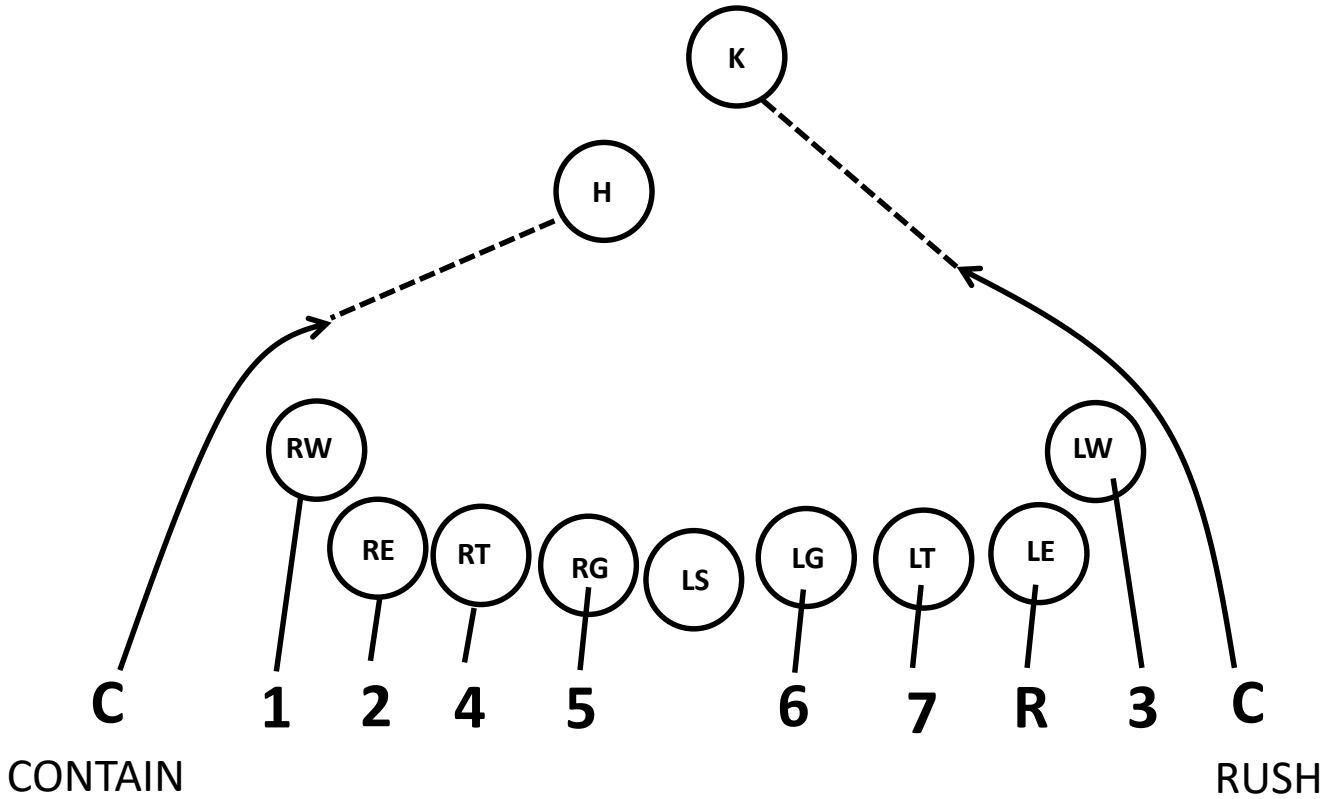
1,2,3,R – off line based on D&D with vision, adjusters to any motion

(P)



PR

**VS
FIELD GOAL
FORMATION**



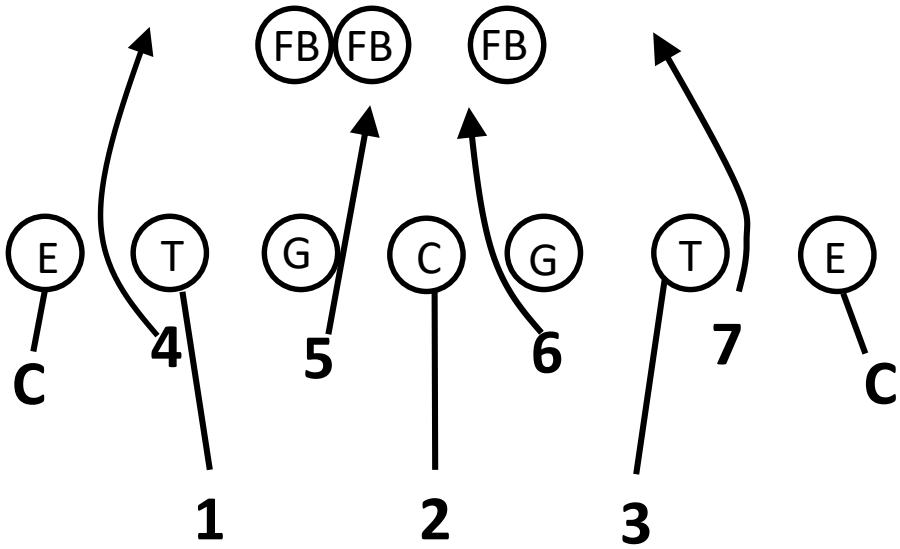
This is a Middle Hold Up Return

R

2 Deep

This is a Middle Return

P



Returner that doesn't catch
get 5yds in front of returner and
block MDM

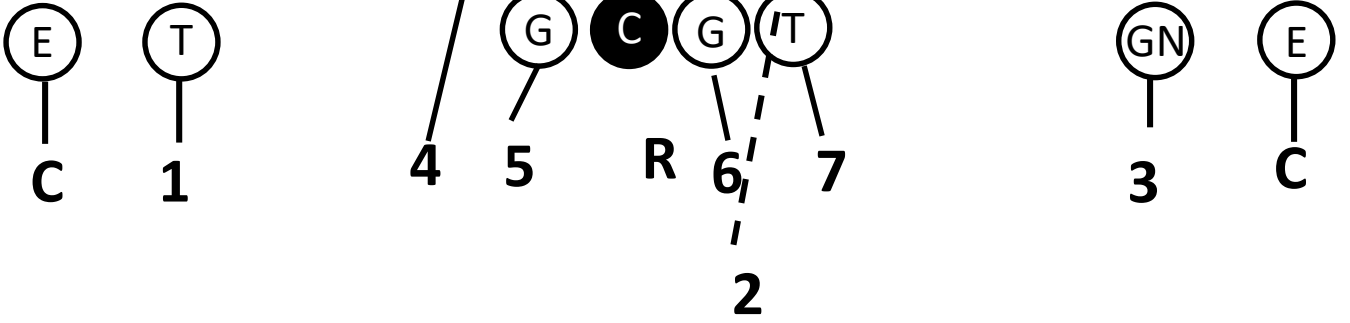
PR

PR



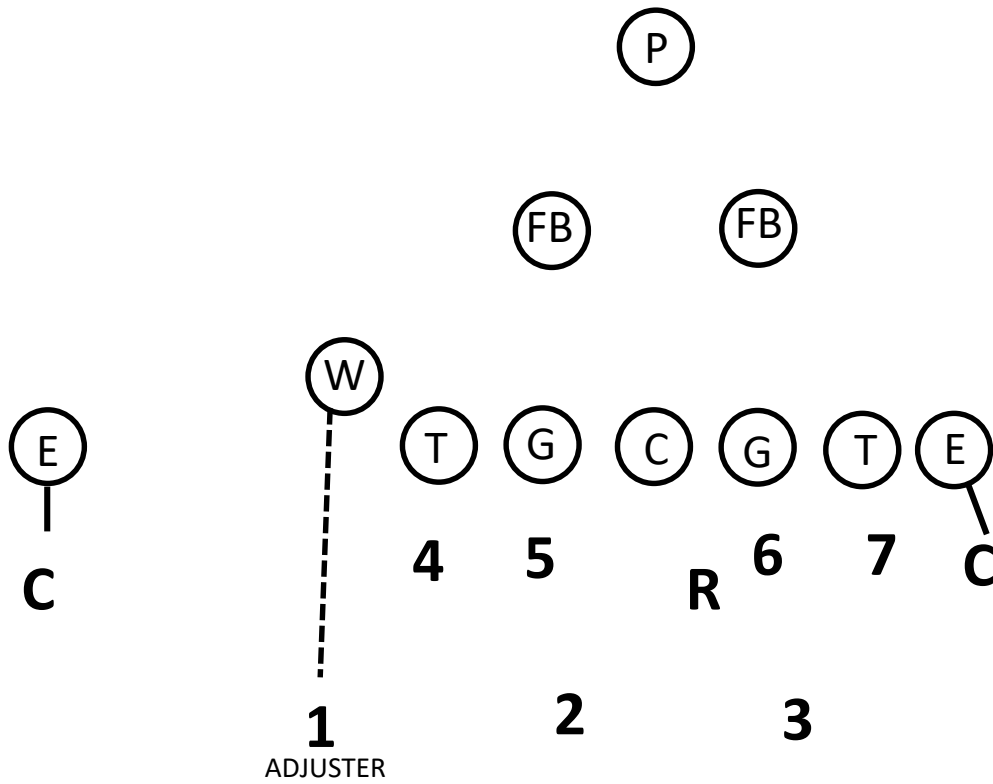
2015
Formation
Adjustments

P

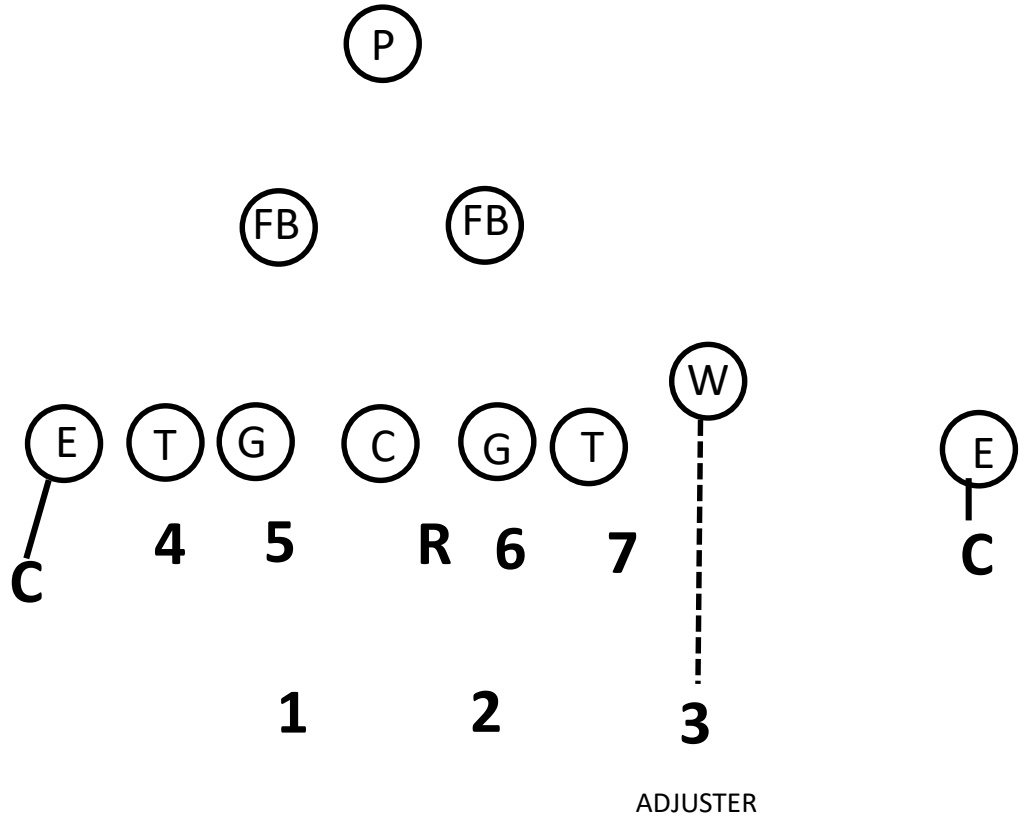


R

**2 man shield
wing**

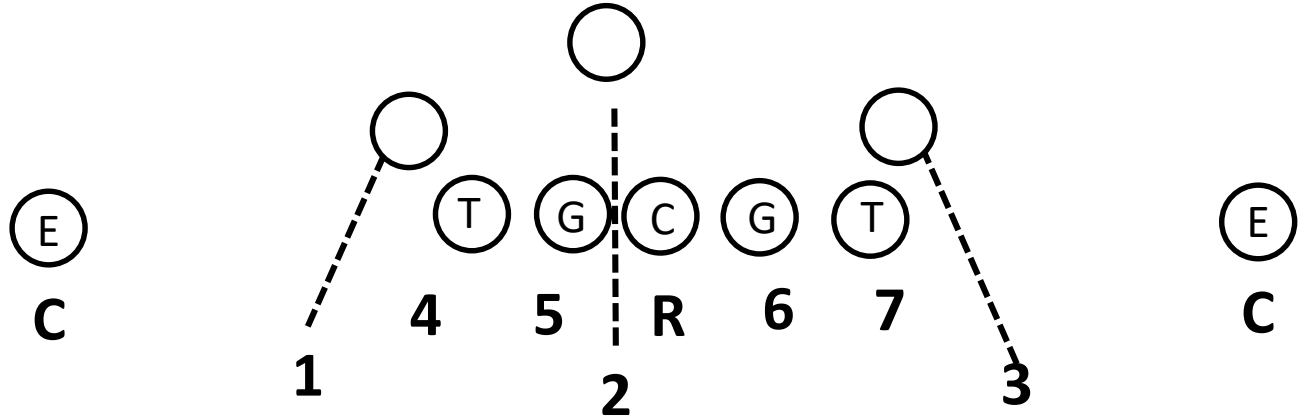


R



R

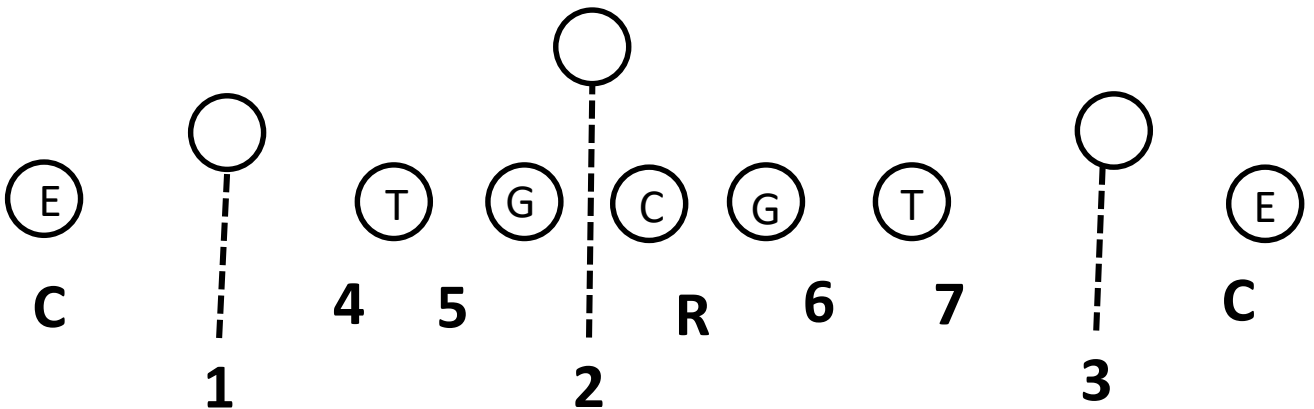
(P)



Eligible receivers will be covered by 1,2,3
(Based on game plan)

PR

(P)



Eligible receivers will be covered by 1,2,3
(Based on game plan)

PR



C

4

5

R

6

7

C

1

2

3

PR



C

C

4

5

R

6

7

1

2

3

PR



C

4

5

R

6

7

C

1

2

3

PR



C

4

5

R

6

7

C

1

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7

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1

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C

4

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6

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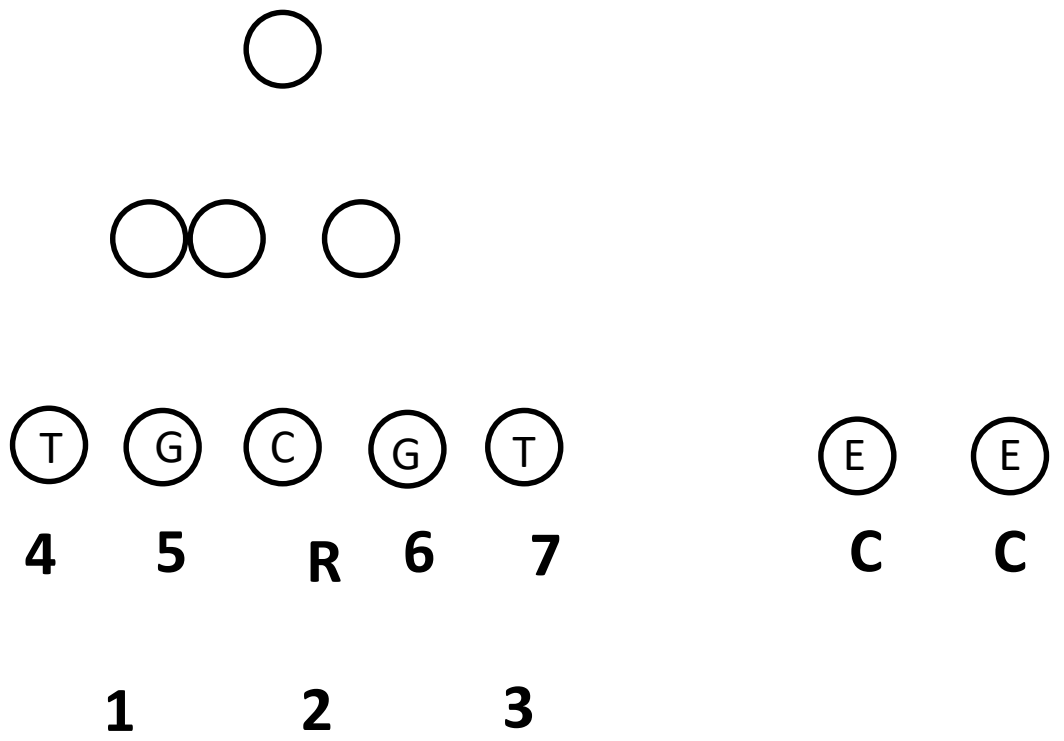
C

1

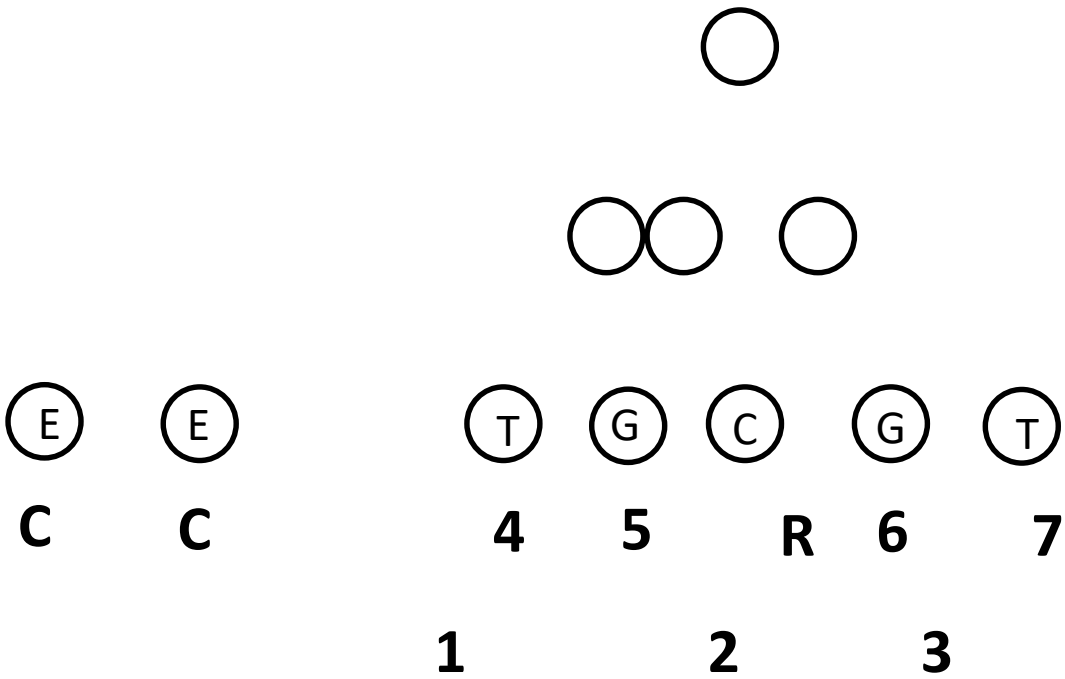
2

3

PR



PR



PR